



# still on milk?

Hebrews 5:11-14

**BIG IDEA:** Years in church don't equal growth in Christ. Time served isn't the same as progress made. Maturity is something you actually have to do.

## 1 THE PAINFUL DIAGNOSIS (HEBREWS 5:11-12)

- The writer wanted to take them deep into the high priesthood of Jesus. He couldn't — they weren't ready to follow him there.
- "By this time" — the clock has been running. They should be teaching others. Instead, somebody still has to feed them.
- The saddest word in v. 12 is "again." They aren't coasting. They're going backward. This is reverse growth.

### Hebrews 5:11-12 CSB

*"We have a great deal to say about this, and it is difficult to explain, since you have become too lazy to understand. Although by this time you ought to be teachers, you need someone to teach you the basic principles of God's revelation again."*

### Hebrews 6:1 CSB

*"Therefore, let us leave the elementary teaching about Christ and go on to maturity..."*

**KEY TRUTH:** This is a diagnosis, not an accusation. The writer isn't writing them off — he's writing them up. The diagnosis isn't the end. It's the start of getting better.

### FILL IN THE BLANKS — SECTION 1

Heb. 5:11 — "...you have become too \_\_\_\_\_ to understand."

Heb. 5:12 — "Although \_\_\_\_\_ you ought to be teachers..."

Heb. 5:12 — "...by this time you \_\_\_\_\_ teachers..."

Heb. 5:12 — "...teach you the \_\_\_\_\_ of God's revelation again."

Heb. 6:1 — "...let us leave the elementary teaching about Christ and \_\_\_\_\_ ..."

## 2 MILK VS. SOLID FOOD (HEBREWS 5:12-13)

- Milk isn't bad. Milk is where you start. The problem is being parked on it forever.
- Solid food is the "message about righteousness" — applied doctrine. Not knowing more. Knowing how to live.
- Three reasons we get stuck on milk: it's comfortable, it's easy to fake, and it feels safe because everyone else is on it too.

### Hebrews 5:12b-13 CSB

*"You need milk, not solid food. Now everyone who lives on milk is inexperienced with the message about righteousness, because he is an infant."*

### Hebrews 6:1-2 CSB (the basics)

*"...repentance from dead works, faith in God, teaching about ritual washings, laying on of hands, the resurrection of the dead, and eternal judgment."*

**KEY TRUTH:** The Bible memorized is not the Bible metabolized. You can recite the right answers and still have no idea what to do at 3 a.m. when your faith is being tested.

### FILL IN THE BLANKS — SECTION 2

Heb. 5:12 — "You need milk, not \_\_\_\_\_."

Heb. 5:13 — "Now everyone who lives on \_\_\_\_\_ is inexperienced..."

Heb. 5:13 — "...inexperienced with the \_\_\_\_\_ ..."

### 3 THE MARK OF THE MATURE (HEBREWS 5:14)

- The mature aren't the smartest. They're the most practiced.
- "Trained" is a gymnasium word — the kind of training where the body knows what to do without the brain having to ask.
- Discernment is built one decision at a time, in the small ordinary moments where no one but God is watching.

#### Hebrews 5:14 CSB

*"But solid food is for the mature — for those whose senses have been trained to distinguish between good and evil."*

#### 1 Timothy 4:7–8 CSB

*"Train yourself in godliness. For the training of the body has limited benefit, but godliness is beneficial in every way..."*

**KEY TRUTH:** Maturity is the long-compounding interest of a thousand small obediences. You can't manufacture that person. You can only become that person. One rep at a time.

### FILL IN THE BLANKS — SECTION 3

Heb. 5:14 — "But solid food is for the \_\_\_\_\_ ..."

Heb. 5:14 — "...for those whose senses have been \_\_\_\_\_ to distinguish between good and evil."

### APPLICATION

Pick one. Just one. Take one step out of milk and into solid food this week.

- One rep** — The next time something hard happens (offense, temptation, hard conversation), choose the obedient response on purpose. Notice the rep.
- One question** — When you read Scripture this week, don't just ask "what does this say?" Ask "what does this do to me?"
- One person** — Find someone younger in the faith. Sit with them and walk through one hard passage. Feed somebody.

### DISCUSSION QUESTIONS

1. Count it up honestly — how many years have you been a Christian? When you held that number this morning, what did it feel like to look at it?
2. Where in your life right now do you feel most "stuck on milk" — comfortable with what you know, but not putting it in motion?
3. Hebrews 5:14 says discernment is built by reps. Where is God currently giving you reps you'd rather skip?
4. "By this time, you ought to be teachers." Is there a younger Christian — a kid, a coworker, a family member — God might be asking you to feed?
5. Which of the three reasons we get stuck on milk hits closest to home (comfort, fake-ability, everyone else is too)? What changes if you stop letting it run the show?

### MY TAKEAWAY

#### ANSWER KEY

S1: lazy · by this time · ought to be · basic principles · go on to maturity

S2: solid food · milk · message about righteousness

S3: mature · trained